What is claimed is:

- 1. A bonding pad, which comprises:
 - a) a body having at least two spaced apart first and contact walls; and
 - b) a recess provided in at least one of the first and second contact walls for contacting the body to a lead.
- 2. The bonding pad of claim 1 wherein the spaced apart first and second contact walls each extend to and meet with an intermediate surrounding side wall.
- 3. The bonding pad of claim 1 wherein the body comprises spaced apart third and fourth side walls extending to and meeting with spaced apart front and back walls, and wherein the spaced apart first and second contact walls are joined to the third and fourth side walls and the front and back walls.
- 4. The bonding pad of claim 3 wherein the recess is a channel that extends to and meets with at least two of the third and fourth side walls and the front and back walls.
- 5. The bonding pad of claim 1 wherein the spaced apart first and second contact walls are generally planar.
- 6. The bonding pad of claim 5 wherein the planar contact walls are parallel to each other.

- 7. The bonding surface of claim 1 wherein the recess is adapted to receive the lead of an electrical energy storage device and the one of the first and second contact walls not having the recess is adapted for connection to an implantable medical device.
- 8. The bonding pad of claim 7 wherein the lead is contacted to the recess in the one of the first and second contact walls by one of the group consisting of welding, brazing, soldering and an adhesive.
- 9. The bonding pad of claim 1 wherein the body is of a material selected from the group consisting of nickel, a nickel alloy, a copper alloy, and a stainless steel alloy.
- 10. The bonding pad of claim 9 wherein the body is partially or completely plated.
- 11. The bonding pad of claim 10 wherein the body is plated with gold.

- 12. A method for connecting an electrical energy storage device to an implantable medical device, comprising the step of:
 - a) providing a bonding pad comprising:
 - i) a body having at least two spaced apart first and second contact walls; and
 - ii) a recess provided in at least one of the
 first and second contact walls;
 - b) moving a terminal lead of the electrical energy storage device into a nested position in the recess;
 - c) securing the terminal lead to the recess; and
 - d) securing the other of the first and second contact wall to the implantable medical device.
- 13. The method of claim 12 including providing the recess as a channel extending to and meeting with at least two of the third and fourth side walls and the front and back walls.
- 14. The method of claim 12 including securing the terminal lead to the recess by one of welding, brazing, soldering, and an adhesive.
- 15. The method of claim 12 including securing the other of the first and second contact wall to the implantable medical device by one of a welding, brazing, soldering, and an adhesive.